Example Individualized Healthcare Plan

Birthdate: Name: Address: School:

Home Phone: Teacher/Counselor:

Parent/Guardian: Grade: Day/Work Phone: IHP Date: Healthcare Provider: IEP Date: Provider's Phone: Review Dates: IHP Written by: ICD-9 Codes:

Assessment Data	Nursing Diagnosis	Student Goals	Nursing Interventions	Expected Outcomes
Absent 36 school days this year (ND4) Hospitalized twice for migraines last school year Health office visits average 4-5 times/week Counselor office visits average 1-2 times/week	Ineffective family management of therapeutic regimen related to inconsistent primary caregiver and multiple treatment strategies (NANDA 5.2.2))	The family will, in collaboration with their neurologist, develop a mutually agreeable migraine treatment plan.	Obtain a signed medical release for the health provider to release educationally relevant health records and for the school to share information with the provider. Obtain medical orders for migraine management in the school setting. Obtain parental & student consent to share relevant medical information with staff. Identify parent's management expectations.	Management of Student's migraines will be consistent across all settings.
Student's mother prefers herbals, biofeedback, and relaxation therapy be used before traditional medications Student's father prefers use of traditional medication therapy and does not believe			 Assist to resolve conflict between family members in medication management. Determine Student's level of dependence on caregivers. Establish preferred scheduled communication with parents/grandparents/health provider to facilitate coordination of treatment, monitor Student's medication/treatment tolerance, and monitor social-emotional adjustment. 	
alternative therapies are beneficial Three occasions this semester Naproxine supply was depleted; refills were not obtained until one week later		Primary caregivers will comply with prescribed medial treatment.	 Collaborate with the Family to set goals for school management. Assist the family to adapt prescribed treatment into their lifestyle. Assist family to focus on strengths and to advocate for Student Encourage the family to set ageappropriate limits and expectation. Collaborate with school counselor to locate community counseling services. 	Student will receive prescribed treatment for migraines in the school setting.

I have read and approve of the above plan for school healthcare:

Date reviewed by the educational team Parent signature

Nurse signature Physician signature (optional)

S20 Link One

Adapted from: Arnold, M.J., & Silkworth, C.K. (1999). The school nurse's source book of individualized healthcare plans: Issues applications in school nursing practice Volume II (pp. 233-234) and Zentner-Schoessler, S. (1997). Computerized version and manual Volume I. North Branch, MN: Sunrise River Press. 1,6